

Vegetable Pasta Italiano

Ingredients:

- 1/2 pound ground turkey
- 1 red bell pepper, thinly sliced
- 1 tablespoon paprika
- 15 ounces low sodium tomatoes, canned, crushed
- 15 ounces low sodium chicken broth
- 2 cups pasta shells, uncooked
- 2 cups broccoli florets
- 1 cup cauliflower flowerets

Savory Topping

- 1/2 bunch parsley
- 1/4 cup seasoned bread crumbs
- 1/4 cup parmesan cheese

Equipment:

- Cutting board
- Knife
- Measuring cups
- Measuring spoons
- Non-stick skillet

Number of Servings: 6
 Prep Time: 15 minutes
 Total Time: 30 minutes

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Nutrition Facts

Serving Size: 1 1/2 cups mixture	
Servings: 6	
Amount Per Serving	
Calories 269	Calories from Fat 45
%Daily Value*	
Total Fat 5g	8%
Saturated Fat 2g	8%
Cholesterol 33mg	11%
Sodium 402mg	17%
Total Carbohydrate 38g	13%
Dietary Fiber 4g	15%
Protein 18g	37%
Vitamin A 65%	Vitamin C 143%
Iron 20%	Calcium 11%
*Percent Daily Values are based on a 2,000 calorie diet.	

Directions

1. Crumble ground turkey into a skillet. Brown over medium high heat for 2 minutes, stirring occasionally. Add red pepper strips and paprika, cook for 2 more minutes.
2. Add crushed tomatoes, chicken broth, and pasta to the skillet. Bring mixture to a boil, reduce heat, cover and simmer for 15 minutes.
3. Remove the lid and arrange broccoli and cauliflower over the pasta. Replace lid and continue cooking for 10 minutes.
4. Prepare the savory topping. Pull leaves from parsley stems and combine with bread crumbs and grated cheese; toss. Sprinkle savory topping over vegetables in skillet. Let sit for 3 minutes before serving.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.